

# The Well-Groomed Woman

Novel Way of Treating the All-Important Topic, Feminine Beauty.  
By KATHERINE MORTON.



The 1906 Model.



The Elastic Corset for Housework.



The Empire Corset.

VOLUMES might be written on the subject of corset comfort, but the average woman would not stop to read them. She would continue to do as she has done heretofore—rush off to buy the corset recommended by her dearest friends, whose figure is diametrically opposed to her own, or the corset which takes its sylvan-like lines from the figure of the waxen lady in the show case. Women leave comfort out of the question when selecting corsets and that is precisely why so many women have cause to grieve over their very poor figures. The trick of corset buying is to fit the stays to the figure when the latter is adjusted to a good shape, and not to fit the figure to the corset because its lines appeal to the eye.

"I want a P— corset, No. 107, \$1.50 style in outfit," remarked a shopper in a first class department store. The saleswoman looked her customer over with a critical eye.

"I think that No. 106 would give you a better figure, and it is only 25 cents more."

"Humph," replied the customer, resentfully. "I've worn No. 107 for years and I ought to know whether it fits me. Of course, it is you place to set a higher priced corset if you can."

The saleswoman flushed and bit her lip, but after the shopper had taken her departure she remarked quietly:

"What possible object could I have in offering a corset just 25 cents higher in price, except to advance the interests of a customer? If I had suggested one of our seven-fifty or ten dollar corsets, she might have had reason to talk that way. Sometimes I think I will never again tell a woman what she ought to wear. You see, the unthinking woman decides that it is a shame to waste money on a garment that does not show, and she does not stop to think that dollars spent to continue to wear the corset which she saved on the corset. Ask any dressmaker and she will say the thorn in her flesh is economy in corsets."

Besides, styles in women's figures change almost every year, and she could change the style of her corset accordingly. Also when she takes on twenty pounds of flesh, as some women do, in a single year, she must not continue to wear the corset which she used when her figure was slender and girlish. Yet I have mothers who weigh 170 pounds ask for the same corsets I sell to their daughters who barely pass the hundred mark. To the slender girl, the problem is not so serious. The stout woman should make it a study and have her corsets fitted as carefully as her shoes or her gloves. Then

she would not blame her newly acquired flesh for the discomfort due to an ill-fitting corset."

Unquestionably the new corset demanded by this season's styles is higher bustled and calls for a smaller waist, but this does not mean that the straight front corset has gone out. It has come to stay and the tight lacing which belonged with the princess gown in bygone years will never be approved again. The sensible woman who wants to be well-groomed and incidentally trim-waisted, does not lace. She exercises. Trapeze performers and acrobats are abominably small-waisted, and a woman can take an inch from her waist measurement in two months by practicing exercises which make her bend at the waist. And while she is doing this, she should select her corset with care and have it properly fitted.

The very stout woman should select a corset with a straight front and side bones that run decidedly on the bias. The lines in the back should curve outward over the hips, and the bust line should not be too high, just moderate.

She should unlace her corset every time she takes it off, and use two lacing, one from the lowest holes to the waist line, and another set from the top of the corset to the waist line. In adjusting her corset, she loosens it

so that she can run her hand between corset and body at the waist line; then she begins to hook from the bottom, and fastens two or three hooks. Now taking a deep breath and running the hand down between the corset and the body, she lifts up the roll of flesh which has formed there (simply because she has not exercised at the waist line and the muscles are flabby) and brings it up to the diaphragm. Then holding her breath, she fastens the remainder of the hooks. Next she fastens the garters to the stockings and finally comes the lacing. The lower set of laces tight enough to keep the roll of flesh in position and the upper part of the corset left rather loose. Tight lacing at the waist line is not dangerous so long as the woman can breathe comfortably, but only when the corset presses on the liver and the kidneys. The particular woman ties her laces in the back, or, better still, has some one tie them for her. Even the hook for holding the laces down in the front is feared when the plain princess model in gowns is to be worn.

The stout woman who can afford to do so is wearing this year the sylvan-boned dress, without corsets. This is a Parisian fancy and is literally "every gown its own corset," the lining being boned as skillfully as in any corset, with lacings in either the back

or the front hidden by trimming or folds of material.

The thin girl may wear a girdle which does not obtrude offensively at any point of her figure, and which is finished at the top with a bust support of nainsook with many frills. Shapeliness will be further secured by the use of a small bustle made from taffeta, or crinoline. This is attached to a band which clasps in the front and the bustle is gauged according to a woman's lack of flesh on hips or back. The thin girl should never wear either a high-busted or a long hipped corset.

The absolutely shapeless girl, described by corsetiers as the slab-shaped woman, must buy a corset which has been fitted to a good figure and then properly padded out. This is done by means of many sachets, soft, plump ones for filling out the hollows under the arms, a heart-shaped sachet for the front if she is flat chested and large loops of ribbon radiating from a thick sachet in the center if she lacks bust. These sachet-pads match the corset in color and may be made of silk or nainsook. They are fastened on with tiny gold or enameled safety pins.

The thin girl should never emulate her stout sister in the matter of drawing up the abdomen when adjusting her corsets. She has no flesh to displace and is lifting organs which are

easily injured by such injudicious treatment.

When buying high-priced corsets, insist upon being fitted by an expert. When buying cheaper corset, go armed with measures which you or your dressmaker have taken carefully. The steel in the front must not be too high, neither must the measurement from the waist line to the top of the corset on the side be too long, or the boning will break just at the waist line. Buy batiste corsets if you are slender, cotton if you are stout.

It is true economy to have two corsets, one for day and one for evening use, with clothes fitted accordingly. This rests the body and prolongs the life of corsets. For ordinarily careful women, two good corsets alternated day and night will last a year. Now that Empire styles are in, the Empire corset is the best evening garment, and all underwear worn with it should be hued from the shoulders. This is particularly advisable for women who work either at home or in offices all day long. Do not pin either your underwear or your shirt waist to your corset if you expect the latter to wear well. When soiled, remove front steels, and scrub with a stout nail brush, using soft water and plenty of soap. Women who perspire freely will find rust-proof corsets useful, and extra large corset shields are also on the market. Have your garters tightly

drawn if you expect your corsets to set well, and be careful about attaching the garters to the corset's edge. It is absolutely essential that a stout woman should have both front and side garters and these should be fitted carefully to the corset, which, otherwise, will be drawn to one side or the other.

Another prolific cause of crooked, ill-fitting corsets is the broken lace which a woman knots hastily and then forgets to renew. Always keep an extra pair of laces on hand, or you will fare forth some day with your corset laced on the bias and your dress drawn in consequence.

The woman who does her own housework should guard her figure with jealous care. There is no reason why she should leave off her corsets until she has set her house in order. French women do all their housework with corsets snugly adjusted at the waist line, and they retain their figures much better than women of America. A special corset comes for the houseworker and is made by a number of corsetiers. Its foundation is elastic instead of coutil, and it has bands of boned and stitched linen or embroidery to follow the regulation corset lines. Under the arm and over the hip it is short and is intended to keep the waist trim without interfering with the movements of the arms, legs or torso. It costs about \$3 and is worth double the price to the woman who is really ambitious to retain her trim figure.

## Utah at the Portland Fair

By M. F. CUNNINGHAM, Secretary of Utah State Commission

Utah has many reasons to be proud of the record made by the representatives of the state at the Lewis and Clark Centennial exposition held in Portland last summer. In the distribution of awards at the close of the exposition, Utah carried away sixteen gold medals, thirteen silver medals, fifteen bronze medals and five honorable mentions. But even this statement does not convey an adequate idea of what the state accomplished at this exposition. To carry off the gold medal for the best educational exhibit for a state as a whole and to carry off the gold medal for the best collective mineral exhibit are accomplishments of which any state in the nation might be justly proud. This is the record made by Utah. It is all the more remarkable when it is realized that some of the older states of the east in which educational matters are held in the highest possible regard made special efforts in this line, and confined their efforts largely to educational matters to the exclusion of other lines; and to the further fact that the best of the western states took special pains to secure the gold medal on mineral exhibits.

But there is a feature of the fair of far more importance than the winning of medals. This was the winning of good opinions for the citizenship of the state. Because of the unfortunate incident in the mining congress at Portland the year before, and the passions aroused at that time, there was a wall of prejudice against Utah to be broken down when the fair opened. The fact that these prejudices were allowed and that the representatives of Utah were accorded attentions such as were accorded to the representatives of but few other states is highly creditable. These attentions came from the officials of the state of Oregon, the city officials of Portland, the officials of the exposition and the leading commercial bodies of the northwest.

### How the Start Was Made.

The original law providing for an Utah exhibit at the Portland exposition was enacted by the legislature of 1903. A provision was made for an exhibit at the Louisiana Purchase exposition at the same time. The sum of \$50,000 was appropriated for the St. Louis fair and \$10,000 for the Portland fair. Willis Johnson, L. W. Shurtliff, Hoyt Sherman and Samuel Newhouse were appointed by Governor Heber M. Wells to serve as commissioners for the St.

Louis fair. John Q. Cannon was subsequently made secretary of the commission.

A. B. Lewis, Fred J. Kiesel, H. B. Clawson and George P. Holman were appointed commissioners for the Portland fair. Governor Heber M. Wells was ex-officio chairman of both commissions. It was provided that all possible of the exhibits used at the St. Louis fair should be turned over to the Portland fair commission for use at that fair.

In the legislature of 1905 a new law was enacted making the appropriation for the Portland fair \$30,000 instead of \$10,000. In the meantime administrations had changed and the old commissioners appointed by Governor Wells placed their resignations in the hands of Governor John C. Cutler. They were accepted and Wesley K. Walton, F. W. Fishburn, Rudolph Kuchler and Webb Greene were appointed in their stead. When the new commission took charge there was left \$29,317.25 of the original appropriation.

### Those Who Were Chosen to Help.

M. F. Cunningham was made secretary of the commission, Spencer Clawson was made manager of the exhibit at Portland, L. A. Ostens of the State Agricultural college at Logan was placed in charge of the educational exhibit, R. H. Bradford of the State School of Mines, University of Utah, Fishburn, Rudolph Kuchler and Webb Greene were placed in charge of the agricultural and horticultural exhibits, and Miss Elizabeth Orth of Ogden, Miss Ada Mack of Ogden, Miss Berlie Madsen of Mt. Pleasant, A. H. Chambers of Ogden, Lester H. Walton of Murray, W. S. Clawson of Salt Lake and Joseph E. McKnight of the training school, University of Utah, were employed in various capacities in connection with the exhibit. In justice to the University of Utah it must be said that Mr. McKnight was sent to the exposition at the expense of that institution.

When the commissioners visited Portland for the first time late in March it was made plain to them that it would be necessary to erect a state building. All the desirable space in the main buildings had been pre-empted by that time and the demand for space had already gone far beyond the expectations of the management. Ground space for a building on the lake front adjoining the grounds of the Idaho building and in the immediate vicinity of the New

York building was assigned to Utah. The only serious regret of the commissioners from the first to the last of the fair was that their original idea with reference to the building was not carried out. This was to locate the building on a high point of land overlooking the lake and a great part of the exposition grounds. The style of building agreed upon was southern colonial, with broad verandas, denoting hospitality and comfort. Through a blunder of some one connected with the exposition the knob of ground was cut down, giving to the Utah building when completed a low, squat appearance that was far from attractive. The building itself was well fitted for exposition purposes. It was well lighted and well arranged, with an abundance of floor space. The main floor was 95x55; there was a wide balcony around a generous light well for the second story. Here were the reception rooms, sleeping apartments and space for much of the educational exhibits. The concentrating plant was in an annex to the main building.

Most of the exhibits were in place soon after the opening of the fair on June 1. The others were rushed in and put in place, so that Utah was ready when the crowds began to arrive. The Utah building was crowded from the first to the last. Many thousands registered there from all parts of the world. Hospitality and courteous treatment were insisted upon at all times by those in charge. No trouble was spared at any time in showing visitors what Utah had on exhibition and in explaining to them the advantages and beauties of the state.

### Climax of Utah Interest.

The climax of the fair, so far as Utah was particularly concerned, was "Utah Day," Aug. 24. The exercises were held in the Utah building. President H. W. Goode of the Fair association, said the crowd was the largest and most enthusiastic that assembled at any state building during the fair. This was accounted for in large part by the enthusiasm aroused throughout all Portland by the Ogden Tabernacle choir which was present, 200 strong. It was banked at one end of the building while the speaking took place from the balcony at the other end. Brief speeches were delivered by Governor Chamberlain of Oregon, Governor John C. Cutler of Utah, President H. W. Goode, Congressman Joseph Howell

and others. President Goode paid the choir the compliment of saying that it was the best single feature of the entire exposition. Miss Emma Lucy Gates and Professor Willard Weihe came in for their full share of the praise. After the speaking and musical programme a reception was tendered Governor Cutler, and after a few refreshments were served to everybody.

Logan, Ogden and Salt Lake had special days at the fair with appropriate ceremonies.

### When the End of the Fair Came.

When the fair closed, Oct. 15, all the exhibits were packed and returned to the state. The building was sold for \$400. It had cost in the neighborhood of \$7,000.

The law provided that all exhibits in the possession of the commission at the close of the fair should be turned over to the Deseret Agricultural & Manufacturing association, except such articles as were sold. Governor Cutler and the commissioners reached the conclusion that not a cent's worth would be given away or sold to individuals, but that whatever was sold at all would be sold to state institutions. In this way if any bargains were secured they would be secured from the state and for the state, and there could be no adverse criticism. This policy was carried out in the distribution of the exhibits.

### Have Money Left at the Close.

The business of the commissioners is now practically closed and the final report will go to Governor Cutler in a few days. Only a few minor details remain to be rounded up. This final report will show a balance on hand of approximately \$2,500. This sum will be turned back into the state treasury. It was agreed at the beginning that the affairs of the commission should be conducted as far as possible on well established business principles. It was also decided that the expenditures of the commission should under no circumstances run beyond the amount made available by the legislature. This was kept in mind from the beginning to the end. Many worthy projects for advertising the resources of the state were discarded because it was feared that the appropriation would not hold out. Much in the way of entertaining was cut out for the same reason. The force of attendants at the building was

held to the minimum for the same reason. The salaries paid attendants were sufficient only to maintain them respectfully in the Exposition city.

### Others Entitled to Praise.

Others outside the commission deserve credit for bringing about the good results accomplished at Portland in the way of advertising the state and in creating a friendly sentiment toward the state. Prominent among these of course are the leaders and members of the Ogden Tabernacle choir. These singers aroused an enthusiasm during their stay at the fair that carried all before it. The men who put up the large sum of money necessary to take this body of singers to the exposition and maintain them there for a week deserve the thanks of the state. Senator William A. Clark was the largest contributor, his subscription of \$1,000 going far toward making the trip possible. Fred J. Kiesel, who worked without rest to accomplish this end, is deserving of much credit.

There were a number of individual exhibitors also who incurred considerable expense in sending exhibits to the fair and maintaining them there. The model of Bear River valley prepared by Luke Crawshaw added also to the interest of the Utah exhibit. The list of medals awarded Utah is as follows:

### Horticulture.

State of Utah, per Thomas Judd—Fruit, vegetables and nuts, gold medal. Thomas Judd—Fruit, gold medal. William Wadley, Pleasant Grove, Utah—Hazelnuts, bronze medal.

### Agriculture.

State of Utah—Grains and grasses, gold medal.

### Mines and Education.

Salt Lake Hardware company, Salt Lake City, Utah—Assay balances, gold medal. State of Utah—Collective mineral exhibit, including concentrating mill, gold medal. State of Utah—Nephi Plaster Manufacturing company, Nephi, Utah—Gypsum and plaster products, silver medal. State of Utah—Hydrocarbons, gilsonite, albertite, jet, ockerite, etc., silver medal. State of Utah, Utah Fuel company,

Salt Lake City, Utah—Bituminous coal, bronze medal. State of Utah, Fire Clay company, Salt Lake City, Utah—Fire clay products, bronze medal.

State of Utah, Kendall Bros., Lehi, Utah—Kaolin, bronze medal.

### Educational.

Mrs. Kate B. Anderson, Salt Lake City, Utah—Note-o-phone, honorable mention. State of Utah, State Superintendent A. C. Nelson, Salt Lake City, Utah—Collective state exhibit, gold medal. Weber State Academy, Ogden, Utah—Photos, written work, sewing, bronze medal.

Brigham Young university, Provo, Utah—Cabinet of photos and art work, silver medal.

University of Utah, Salt Lake City, Utah—Collective exhibit of State Normal school and State Normal School of Mines, gold medal.

Davis county, Farmington, Utah—Drawings, construction and written work, bronze medal.

Ephraim, Utah—Drawings, weaving, sewing, construction and written work, honorable mention.

Utah county, Provo, Utah—Exhibit in elementary education, bronze medal. Weber county, Ogden, Utah—Exhibit in elementary education, bronze medal.

Box Elder county, Brigham city, Utah—Photos, drawing, construction and written work, honorable mention.

Logan, Utah—Exhibit in elementary education, silver medal.

Provo, Utah—Exhibit in elementary education, bronze medal.

Rowland hall, Salt Lake City, Utah—Drawings, banner, written work, honorable mention.

Park City, Utah—Exhibit in elementary education, silver medal.

Eureka, Utah—Drawings, construction and written work, bronze medal.

Salt Lake City, Utah—Exhibit in secondary education, gold medal.

Salt Lake City, Utah—Exhibit in elementary education, gold medal.

Brigham Young college, Logan, Utah—Photos and art work, normal work, silver medal.

Latter-day Saints university, Salt Lake City, Utah—Photos and written work, kindergarten work, silver medal.

Indian Industrial school, Panguitch, Utah—Bead work, sewing, basket weaving, honorable mention.

Cache county, Logan, Utah—Exhibit in elementary education, bronze medal. Salt Lake county, Salt Lake City, Utah—Exhibit in elementary education, bronze medal.

Utah State School for Deaf, Dumb and Blind, Ogden, Utah—One cabinet and contents, live exhibit during month of August, gold medal.

Ogden, Utah—Secondary education, commercial department, gold medal.

Ogden, Utah—Exhibit in elementary education, gold medal.

Normal Training School of the University of Utah, Salt Lake City, Utah—Unified course of study, elementary school, silver medal.

Snow academy, Ephraim, Utah—Wood work and sewing, bronze medal.

Latter-day Saints church school, Salt Lake City, Utah—Manual training, engineering, art, kindergarten, commercial and college work, silver medal.

Presbyterian academy, Salt Lake City, Utah—Collective display, silver medal.

Kindergarten Training school of the University of Utah, Salt Lake City, Utah—Kindergarten work, gold medal.

Agricultural college of Utah, Logan, Utah—General display, gold medal.

Agricultural college of Utah, Logan, Utah—Exhibit in domestic science, gold medal.

### Miscellaneous.

Utah State commission, Salt Lake City, Utah—Model of Bear river irrigation system, silver medal.

Salt Lake City, Utah—Exhibit (Salt Lake City, Utah—Silk exhibit (cocoon and reeled silk), silver medal.

### Food Products.

State of Utah, Hewlett Bros., Salt Lake City, Utah—Three Crown baking powder, spices, flavoring extracts, etc., in cans and bottles, bronze medal.

State of Utah, Utah Canning company, Ogden, Utah—Canned fruit, cat-sup, bronze medal.

State of Utah—Honey, strained and in comb, silver medal.

House is Full of Republicans Now.

(Philadelphia Inquirer.)

The philosophical delegate from the Isle of Pines will not expect to get farther than the lobby this season.